

Glossary of Selected Terms

Addiction: A chronic, relapsing disease characterized by compulsive drug seeking and use and by long lasting changes in the brain.

Cannabidiol (CBD): This is a cannabis compound that has significant medical benefits, but does not make people “stoned.” It can actually mitigate and counteract the psychoactivity of THC. It has been shown to mitigate the side effects of marijuana.

Cannabinoids and Cannabinoid Receptors: A family of chemicals that bind to specific (cannabinoid) receptors in the brain to influence mental and physical functions. Cannabinoids that are produced naturally by the body are referred to as endocannabinoids. They play important roles in development, memory, pain, appetite, among others. The marijuana plant (*Cannabis Sativa*) contains delta-9tetrahydrocannabinol (THC) that can disrupt these processes, if administered repeatedly or in high enough concentrations.

Carcinogen: Any substance that causes cancer.

Cognitive Behavioral Therapy (CBT): A form of psychotherapy that teaches people strategies to identify and correct problematic behaviors in order to enhance self-control, stop drug use, and address a range of other problems that often co-occur with them.

Contingency Management (CM): A therapeutic management approach based on frequent monitoring of the target behavior and the provision (or removal) of tangible, positive rewards when the target behavior occurs (or does not). Contingency Management techniques have shown to be effective for keeping people in treatment and promoting abstinence.

Dabbing: Dabbing is a simple concept: a small amount of super-high concentrate -- hash oil, wax, or another compound where so much of the marijuana plant's plant material is removed that what's left is between 50-to-80 percent active ingredients, a sort of grain alcohol to a bud's wine -- is put on a heated surface. A puff of smoke is emitted, and then the user inhales the entire puff of super-concentrated smoke.

Delta-9- tetrahydrocannabinol (THC) This is the main psycho-tropic ingredient in marijuana.

Dopamine: A brain chemical, classified as a neurotransmitter, found in regions of the brain that regulate movement, emotion, motivation, and pleasure.

Hashish (hash): product of compressing the collected trichomes, stalked resin glands, from the flowers of the cannabis plant. It has a higher concentration of THC and comes in a solid or paste-like form depending upon how it was prepared

Hippocampal formation: This is a compound structure in the medial temporal lobe of the brain. This formation is thought to play a role in memory, spatial navigation and control of attention.

Marijuana-infused Products: products containing marijuana or marijuana extracts intended for human use.

Motivational Enhancement Therapy (MET): A systematic form of intervention designed to produce rapid, internally motivated change. MET does not attempt to treat the person, but rather mobilize their own internal resources for change and engagement in treatment.

Psychosis: A mental disorder (e.g., schizophrenia) characterized by delusional or disordered thinking detached from reality; symptoms often include hallucinations and delusions.

Schizophrenia: A psychotic disorder characterized by symptoms that fall into two categories: (1) positive symptoms, such as distortions in thoughts (delusions), perception (hallucinations), and language and thinking and (2) negative symptoms, such as flattened emotional responses and decreased goal-directed behavior

THC: Delta-9-tetrahydrocannabinol; the main active ingredient in marijuana, which acts on the brain to produce its effects.

Schizophrenia: Schizophrenia is a mental disorder characterized by abnormal social behavior and failure to understand what is real. Common symptoms include false beliefs, unclear or confused thinking, hearing voices, reduced social engagement and emotional expression, and a lack of motivation. People with schizophrenia often have additional mental health problems such as anxiety disorders, major depressive illness, or substance use disorder. Symptoms typically come on gradually, begin in young adulthood, and last a long time.

Withdrawal: Adverse symptoms that occur after chronic use of a drug is reduced or stopped.